

Meals From Home Grown Foods

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THREE meals a day for 365 days in the year from home grown foods for the farm family call for careful planning, to be sure that all the foods that are practicable to grow are grown, and stored or preserved for use when not available in the fresh state. Summaries of farm household accounts kept in Ohio show that some of the food used by the families was home produced, and that with careful planning some families produced even as much as 85 per cent of the food which they used.

To give some idea of the amount of foods needed in a week, the table on pages 4 and 5 has been adapted from that prepared by the Bureau of Home Economics,¹ U. S. Department of Agriculture, Washington, D. C., to show how the individual food needs of the family may be met adequately at moderate cost.

This table is computed for individuals from the average group rather than the high or low income group. The low group would use more bread and cereals. Milk and vegetables should remain the same. Cost may be increased or decreased by selection of foods within the group. Cost of food can be reduced by greater use of home produced food.

Diets given in Farmers' Bulletin 1757 indicate some of the adaptations that are possible.

THE PROBLEM OF FEEDING THE FAMILY

Insufficient food results in inadequate growth and impaired health and vigor. Too much food stuffs the body mechanism until progress is retarded. Indifference to food and indiscreet choice may produce minor ills that take the joy out of life and pave the way for serious consequences.

The physical and spiritual welfare of the family is largely in the hands of the one responsible for meals. It is literally true that a good digestion goes along with a good disposition, and that a bad disposition is often one of the consequences of wrong food.

Differences in age, activity, and tastes within a family group make it necessary for the one who plans and prepares the meals to know how to meet these different conditions. Lack of ready cash reduces the amount of money available to gratify particular tastes that have been acquired, and lack of variety of foods on hand at certain times of the year complicates still further the planning of meals.

Feeding the family is an important business involving many problems, rather than a monotonous routine. Some knowledge of why the body needs food and what foods will supply its needs is necessary as a background for planning meals. This knowledge is also necessary in order to combat misinformation and traditions that are abroad today.

¹ Diets to Fit the Family Income. U. S. Department of Agriculture. Farmers' Bulletin No. 1757, September, 1936.

TABLE I.—*An adequate diet at moderate cost: Approximate weekly quantities of food for persons of different age, sex, and activity*

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years
MILK:				
Fluid milk or corresponding quantities of canned or dried milk, or cheese	7 qt.	7 qt.	7 qt.	7 qt.
VEGETABLES AND FRUITS:				
Potatoes and sweet potatoes	1 lb. 12 oz.	2 lb.	2 lb.	2 lb. 4 oz.
Tomatoes (fresh or canned), and citrus fruit	1 lb. 8 oz.	1 lb. 8 oz.	1 lb. 8 oz.	1 lb. 12 oz.
Leafy, green, and yellow vegetables	1 lb. 4 oz.	1 lb. 8 oz.	1 lb. 12 oz.	2 lb.
Dried beans and peas, peanut butter, and nuts	2 oz.	3 oz.	3 oz.
Dried fruits ..	1 oz.	3 oz.	5 oz.	6 oz.
Other vegetables and fruits	1 lb. 12 oz.	2 lb.	2 lb. 8 oz. . .	3 lb.
+ EGGS ..	5 eggs	5 eggs	5 eggs	5 eggs
LEAN MEAT, POULTRY, AND FISH	8 oz.	1 lb. 4 oz.	1 lb. 8 oz.
FLOUR AND CEREALS:				
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers.	1 lb. 2 oz.	1 lb. 8 oz.	2 lb. 4 oz.	2 lb. 8 oz.
FATS:				
Butter, lard, oil, vegetable shortening, salt pork, and bacon.	3 oz.	4 oz.	8 oz.	11 oz.
SUGARS:				
Sugar, jellies, jams, honey, sirups, and molasses	2 oz.	4 oz.	8 oz.	12 oz.

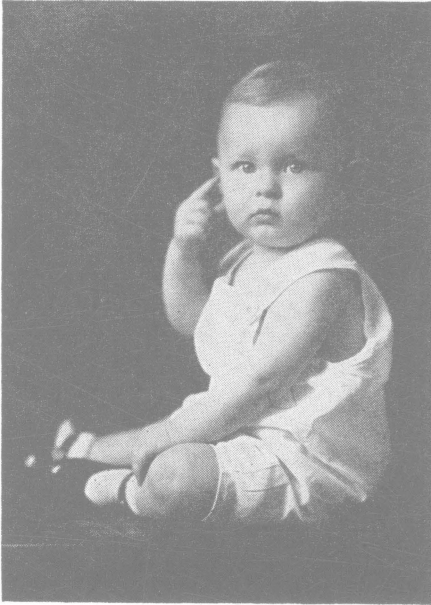
TABLE 1. *An adequate diet at moderate cost: Approximate weekly quantities of food for persons of different ages, sex, and activity (Cont.)*

Item	Boy 11 to 12 years; girl over 13 years; moderately active woman	Active boy 13 to 15 years; very active woman	Active boy over 15 years	Moderately active man	Very active man
MILK:					
Fluid milk or corresponding quantities of canned or dried milk, or cheese	7 qt. ¹	7 qt. ¹	4½ to 7 qt.	3½ qt.	3½ qt.
VEGETABLES AND FRUITS:					
Potatoes and sweet potatoes	2 lb. 8 oz.	3 lb.	5 lb. 12 oz.	3 lb.	6 lb. 12 oz.
Tomatoes (fresh or canned) and citrus fruit	1 lb. 12 oz.	2 lb.	2 lb.	2 lb.	2 lb.
Leafy, green, and yellow vegetables	2 lb. 4 oz.	2 lb. 4 oz.	2 lb.	2 lb.	2 lb.
Dried beans and peas, peanut butter, and nuts	3 oz.	8 oz.	8 oz.	8 oz.	12 oz.
Dried fruits	8 oz.	8 oz.	12 oz.	12 oz.	12 oz.
Other vegetables and fruits	3 lb. 8 oz.	5 lb. 8 oz.	6 lb.	5 lb. 8 oz.	5 lb. 8 oz.
EGGS	4 eggs	4 eggs	3 eggs	3 eggs	3 eggs
LEAN MEAT, POULTRY, AND FISH	1 lb. 12 oz.	2 lb.	2 lb. 12 oz.	2 lb. 8 oz.	3 lb.
FLOUR AND CEREALS:					
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corre- sponding quantities of white and whole grain breads, other bakery goods, and crackers	2 lb. 8 oz.	3 lb. 4 oz.	4 lb. 4 oz.	4 lb.	5 lb. 8 oz.
FATS:					
Butter, lard, oil, vegetable shortening, salt pork, and bacon	12 oz.	14 oz.	1 lb. 6 oz.	1 lb. 2 oz.	1 lb. 8 oz.
SUGARS:					
Sugars, jellies, jams, honey, sirups, and molasses	14 oz.	1 lb.	2 lb.	1 lb.	2 lb. 4 oz.

¹ For the adult woman this may be reduced to 3½ quarts, except for the pregnant or nursing mother, who should have 7 quarts.

FOOD REQUIREMENTS OF THE BODY

To keep adults in good health and to keep the children well and growing, food must be sufficient in amount, that is, calories and variety sufficient to furnish to the body all the needed food elements in their proper proportions.



FOODS ARE IMPORTANT IN BUILDING
A HEALTHY BODY

The chief functions of food in the body are to build tissues, to yield energy, and to regulate body processes. The food needs of the body are best met with a mixed and varied diet.

To know what to eat one should have some knowledge of the characteristics of foods and their make-up, so that good combinations of foods will be made and their values will not be impaired in the cooking.

As a general rule, if an adult maintains year after year a weight within normal limits for his age and height, and if a child makes healthy, steady gains in weight and grows as he should, we may assume that the food is adequate in amount.

FOOD INGREDIENTS

The needs of the body are supplied by the following food ingredients: protein, carbohydrates, fat, minerals, water, and vitamins.

Protein. Protein builds and repairs tissues and is supplied in liberal amounts by milk, eggs, lean meat, fish, cheese, nuts, and dried legumes. Although protein can be used for energy, it is well to remember that protein foods if eaten in excess may overtax the kidneys to eliminate the excess of nitrogenous waste substances. Not more than 10 to 15 per cent of the total calories should be supplied by protein.

Protein-rich foods, especially meats, because of their stimulating qualities, are attractive to the appetite and lend themselves easily to overuse. Protein is most economically used where it is taken along with carbohydrate and some fat. The need for protein is greatest during growth, in convalescence from wasting disease, and in pregnancy.

Most protein-rich foods harden unduly if cooked at a high temperature, and therefore should be cooked at an even temperature in ways to protect them.

Carbohydrates and Fat. Carbohydrates (starches and sugars) and fat supply the material for all types of body activity. It is well to remember that fat contributes two and a fourth times as much energy as the same amount of carbohydrate. Any excess of carbohydrate or fat beyond needs of the body is likely to be stored as fat. Since fat is slow to digest, a greater feeling of satisfaction is obtained from a meal which contains some fat. However, too much fat may unduly retard digestion. Cooked at too high a temperature, fat decomposes, and substances irritating to the digestive tract are formed.

It is well to remember that fat and protein are used to the best advantage when carbohydrate (more starch than sugar) predominates. A meal with too much carbohydrate, however, leaves the stomach too quickly, as does a meal largely of liquids. Sweets are attractive, but spoil the appetite if not carefully managed. In concentration they irritate the digestive tract, and may be the cause of headaches, skin eruptions, and other ills. Starch, while easy to digest and the cheapest source of energy of all, may cause fermentation if eaten in excess.

<i>Carbohydrate-rich foods</i>		<i>Fats</i>
Breads and cakes	Legumes	Butter
Cereals and cereal products	Molasses	Lard
Candy	Potatoes and sweet potatoes	Vegetable oils
Honey	Ripe fruits	Bacon
Jams	Sugar	Cream
Jellies	Syrups	Nuts
		All meat fat

Minerals and Water. These essentials are needed to promote digestion and to maintain healthy organs. Although practically all food materials contain some water it is necessary to drink water to get enough to keep up the body content. (Three-fourths to four-fifths of the body weight is water.) An average of 6 to 8 glasses of water daily for adults, with 3 to 4 glasses for small growing children in addition to a quart of milk, is needed.

To insure efficient working of the body, the chemical food elements must be nicely balanced or trouble will result. This is especially true of minerals, of which a number are needed. Phosphorus, calcium, magnesium, sodium, and potassium are essential to maintain neutrality of the blood, regularity of the heart beat, and insure proper response of nerves and muscles. Lack of any one of these elements interferes with growth, and no one mineral can do its best unless it is a part of a well balanced diet. Iron builds good red blood more effectively when there is a trace of copper. Calcium and phosphorus, essential for strong bones and sound teeth, are used best when supplied in proper proportion; but these two minerals are not used satisfactorily by the body unless vitamin D is present. A minute amount of iodine is needed to insure proper functioning of the thyroid gland.

Most of the minerals dissolve in water, therefore foods rich in the essential minerals should be eaten raw or cooked in ways to avoid the loss of these valuable elements.

Vitamins. Vitamins exercise a profound influence on nutrition. The following table summarizes the most important information available at this time regarding these vitamins.

Along with foods a certain amount of indigestible material is needed to furnish ballast for the intestinal tract. Foods supplying this in greatest amount are the green leafy and root vegetables, the fruits, and whole grain cereals. Cooking softens this material and makes it more effective for some individuals. People differ greatly in their requirements for roughage, but practically all people require some.

Vitamins—Their Function, Food Source, and Characteristics

<i>Vitamin</i>	<i>Functions in body</i>	<i>Food source</i>	<i>Characteristics</i>
<i>A</i>	Essential to growth Essential to reproduction Essential to lactation Increases resistance to infection Influences length of life	Cod liver oil Butter Cream Whole milk Cheese Egg yolk Green vegetables Yellow vegetables Tomatoes Glandular organs	Fat soluble Will stand cooking Will stand storing Can be stored in body More required by body of large size and during rapid growth
<i>B</i>	Promotes growth Stimulates appetite and digestion Stabilizes nerves Necessary to successful reproduction Necessary for successful lactation	Yeast Eggs Vegetables Tomatoes Whole grains Legumes Nuts Fruits Milk	Dissolves in water Will not stand cooking in alkali Protected by acids Will stand storing Very little stored in body More required in rapid rate of growth and large size More needed for lactation than for growth
<i>C</i>	Prevents scurvy Prevents rheumatism Essential for bones and teeth Increases resistance to infection Maintenance of healthy muscle tone and nerves	Citrus fruits Tomatoes Raw cabbage Fresh green vegetables, roots, tubers, bulbs Other fruits, as apples, bananas, strawberries Milk (raw)	Dissolves in water Easily affected by cooking in presence of air Protected by acids Deteriorates on storing except in acids Is not stored in body
<i>D</i>	Prevents rickets Essential for bones or teeth Increases resistance to infection Maintenance of healthy muscle tone	Cod liver oil and other fish oils Egg yolk Whole milk and cream Butter Green leaves Liver	Fat soluble Stands heat of cooking Stands storing Can be stored in body to some extent
<i>G</i>	Essential for growth and development Prevents pellagra Influences length of life	Yeast Eggs Milk Lean meat Legumes Fresh greens Liver and glandular organs	Usually associated with B Water soluble Stands heat of cooking Stored to some extent in body Stable to acids and alkalis

THE CANNING AND STORAGE BUDGET

MUCH time and expense can be saved if the homemaker estimates the amount of each product which the family might reasonably expect to use during the year, and cans and stores accordingly. In seasons when some product, such as peaches, is abundant, it is often desirable to can for two seasons in one. The amount of canned fruit and vegetables needed is influenced by the amount of the fresh fruit and vegetables purchased and the amount of fruits and vegetables stored.

A canning plan or budget is considered by those who have used it an excellent help in planning for the food for the family. Every family group has certain food preferences which will necessitate each family making its own canning and storage budget. In case the family does not use one of the vegetables listed, the amount of a similar vegetable should be accordingly increased. The suggested amounts of vegetables stored presuppose sound materials and good storage conditions.

A Suggested Canning and Storage Budget for An Individual for 32 Weeks

VEGETABLE CANNING BUDGET

	<i>Servings per week</i>	<i>Servings per pint</i>	<i>No. pints needed</i>
Tomatoes	3	4	24
Greens	1	4	8
Other vegetables (beans, beets, carrots, corn, peas)	4	4	32
	<u>8</u>	<u>—</u>	<u>64</u>

To budget for the family, multiply the number of pints in each case by the number of people in the family and add 10 per cent to the total, so as to allow for company, breakage of jars, etc.

FRUIT CANNING BUDGET

	<i>Servings per week</i>	<i>Servings per pint</i>	<i>No. pints needed</i>
Fruits	7	4	56

Additional fresh and dried fruits are recommended to be added to the canning budget.

VEGETABLE STORAGE BUDGET

	<i>Servings per week</i>	<i>Servings per pound</i>	<i>No. pounds needed</i>
Potatoes	14	3	149 (2½ bu.)
Turnips } Beets } Parsnips } Squash }	1	3 to 4	8 to 11 lbs.
Carrots } Onions }	3	4 to 6	16 to 24 lbs.
Cabbage } Celery }	3	3 to 4	24 to 32 lbs.
Dried beans and peas. .	Every other week	10	1½ to 2 lbs.

Substitutions of other stored or fresh products may be used for any of the above to make up an adequate diet.

PLANNING THE DAY'S MEALS

Fortunately for Ohio farm families, all the foods needed to build and maintain the body in health can be grown in Ohio. By looking back through the foregoing list it is evident that the important food elements are supplied by milk, eggs, meat and poultry, potatoes and a wide variety of other vegetables, fruits, and cereals. The following will go a long way in providing the family food supply: (1) a garden carefully planned to extend over as long a period as possible, producing vegetables for the family from which enough can be stored and preserved to last during the winter months; (2) fruit from the garden and orchard, canned and stored; (3) meat and poultry canned and stored; (4) hens to supply fresh eggs; (5) flour, meal, and cereals from the farm; and (6) sweets from honey, maple syrup and sorghum.

Important Foods to Include in the Day's Meals

To make meal planning easier, a list of important foods to be included each day may help you to include these important foods. Make a note of your meals of yesterday and check them over with the following list:

Milk:

A quart a day for children and for expectant mothers during the last half of pregnancy and during the nursing period. At least a pint daily for all other adults (to drink or in cooked food).

Vegetables and fruits:

Four and one-half to five servings per person daily.

One serving daily of potatoes or sweet potatoes.

One serving daily of tomatoes or citrus fruits.

One serving daily of leafy, green, or yellow vegetables.

Three to five servings a week of other vegetables.

One serving daily of fruit.

Eggs:

Two or three a week for adults; four or five for young children; a few in cooking.

Meat, fish, or poultry:

About five times a week; or daily if prepared in combination with cereals or vegetables.

A whole grain cereal dish: Daily.

Bread and butter: At every meal.

Other Points to Consider

Meal planning is an art as well as a science. Up to this point we have considered the science of meal planning. Art in planning is quite as important. Under "Important Foods to Include in the Day's Meals" it was suggested that a list be made of yesterday's meals. Now make the necessary changes in

your day's meals and then check them with the suggestions below and see if they observe these requirements which add to the attractiveness and enjoyment of meals:

Do not repeat a food or flavor in the same meal.

Do not serve the same food in the same way two meals in succession.

Variety is obtained by simple meals of a few foods which give variety in the day's meals rather than in any one meal.

Contrast in color increases the appeal of food. Too much color is to be avoided. A garnish may be used to supply color, but should always be edible and used in small amounts.

Contrast in texture adds to the pleasure of eating. It is a good plan to have something soft and something to chew.

Contrast in flavor is important. Serve only one strong flavored food in a meal.

Plan only one creamed dish to a meal.

Whenever possible, make over the left-over food, or at least serve it in a new food combination.

Acids sharpen appetite, therefore they are good at the beginning of the meal; sweets, which dull the appetite, are best at the end of the meal or taken along with other foods to dilute them.

Serve only one fried food or rich dish in a meal.

Light desserts go with any meal, but substantial desserts are most effective with a light meal. Serve only one dessert at a meal.

PLANNING MEALS FOR VARIED AGES AND ACTIVITIES

To be well-fed means taking care of the food needs of the body every day, taking into consideration the composition of the family group.

It is well to remember that "A man is only a child grown older." The food needs of adults are the same as for children, who have the added requirements for growth. It is possible to meet the food needs of all members of the family with the foods which are best for the growing children. In a family which includes children, therefore, meals should be planned for the children first, with foods added to increase the variety for the adults. If the children are growing at a steady rate, with body weight increasing as they increase in height, we may feel reasonably sure that total calories are being met.

Planning meals for the children up to 5 years of age is not a difficult matter, as their food is rather limited in variety and their meals vary little from day to day. After this age, when the choice of food materials is practically unlimited and the meals are being planned for adults, and possibly for aged and sick, as well as for children, the cook has a real job to plan, prepare, and serve meals that meet the needs of all the group.

To meet the needs of those persons who are working vigorously or exercising actively, an increased amount of fat and carbohydrate foods is needed. Men and women, if they are the same height and age and do the same work, need practically the same amount of food. However, during the

last four months of pregnancy the mother's food requirement is increased about one-fifth. It is helpful to increase vegetables and fruits and to take a quart of milk a day. During lactation she needs more food to provide for herself and the baby.

After the age of 50, as activity lessens, the food intake should be decreased accordingly if a state of health is to be maintained. Appetite, however, may be as keen as ever, the evidence of which is often seen in the tendency to gain in weight. Sugar, bread, and pastries should be reduced. Simple, plain foods in moderate amounts are best for the aged. From 60 to 70 years of age, nutrition authorities recommend that for those who have maintained the standard weight, the food intake be reduced 10 per cent; from 70 to 80, 20 per cent; and after 80, it should be reduced 30 per cent.

For the aged, the dangers of excess food are far greater than dangers of undernutrition. With loss of the teeth, mastication is impaired, so that food should be given in a form which does not require chewing. The digestive processes slow up, so it is wise to use fats sparingly as they tend to retard digestion. There may be difficulty in getting rid of excess waste matter from protein, so the protein in the diet should be reduced. Milk, gelatin, and cereal proteins (forms which do not readily undergo putrefaction) are more desirable for the aged than meats. Warm beverages are also recommended to conserve the body heat, which is often low due to lack of exercise and lowered vitality.

SEASONAL ADJUSTMENTS IN FOODS

For Hot Weather.—Hot weather renders everyone more susceptible to digestive disturbances. Sudden and extreme changes in weather are often the cause of digestive upsets. The foods then should be those more easily digested. In hot weather the fresh vegetables and fruits are particularly refreshing.

Foods rich in fat, which retard digestion, should be limited. Hot breads, particularly with honey or syrup, are liable to ferment. It is true but not generally known that foods rich in protein, which alone deserve the term "heating food," should be used in moderation in summer and by those whose occupation is sedentary. Eggs, milk, or other proteins with a moderate amount of lean meat are recommended. Cold desserts and crisp salads are especially appreciated.

For Cold Weather.—More fat can be taken care of by adults who are working out of doors. With methods of storage and preservation it is possible nowadays to have much greater variety in winter than formerly. The limited supply of foods which the family had during winter months in our grandmother's day made the "spring tonic" and "blood medicine" necessary, as the winter foods were quite low in vitamins and minerals. Nowadays we know the value of milk, vegetables, fruit, and whole grain cereals as sources of these needed elements, and even take cod liver oil to supply vitamin D, rather than depend upon an adequate supply from winter sunshine and foods.

Cold weather acts as a stimulus to appetite, and food is apt to be taken care of more easily by the digestive process in winter than in summer, so

certain foods may be safely eaten in winter that would cause trouble in summer.

Those persons who are out of doors at least part of the time can take care of fat meat, mince pie, and other foods rich in fat. At all times, however, those who are indoors and the children should be protected against rich and heavy food in winter as well as summer.

MEAL PATTERNS

MEAL PATTERNS may be helpful to the woman planning meals. In most families breakfast has come to be the most standardized meal of the three, and certain foods are thought of as being breakfast dishes. A good breakfast starts the day right. Depending on whether activity is light, moderate, or excessive, and whether the noon meal is to be a substantial one, the breakfast may be patterned after one of the following:

Three Breakfast Suggestions

LIGHT	MEDIUM	HEAVY
Fruit or tomato	Fruit	Fruit
Bread and butter	Cereal	Cereal
Beverage	Eggs or meat	Eggs or meat
	Bread and butter	Another hot dish
	Beverage	Bread and butter
		Beverage

The medium breakfast is probably the one which fits most families and will take care of the needs of individuals of all ages. Extra cereal and bread will provide the additional food which is needed by the vigorous workers. The beverage for children may be plain milk, cocoa, or postum made with milk, while adults may prefer coffee or tea.

Dinners

A dinner usually consists of:

- A main dish which may be meat or a meat-like dish
- A starchy vegetable, usually potatoes
- One or two vegetables (one raw or tomatoes)
- Bread and butter
- A dessert (fruit or a made dessert)
- Milk for children
- A beverage for adults (preferably hot for elderly persons)

A dinner may be very simple and consist of one hot dish, bread and butter, fruit or dessert, and a beverage. But this simple dinner may be most appetizing and attractive if the combination of foods is a good one, and the food carefully prepared and attractively served with a generous share of good cheer. Have you ever noticed how many good dinners are really the result of a cheerful, happy, and friendly atmosphere?

The simple dinner may easily be expanded to include meat or a meat-like dish, potatoes, another vegetable, and a salad or raw vegetable in addition to the other foods. A green leafy vegetable is always desirable in a

dinner, but two green leafy vegetables, unless one is raw and the other is cooked, are not needed in the same meal.

Often a dinner consisting of a main dish, potatoes, and a vegetable may be accompanied by a fruit salad and no dessert provided. If dessert is planned with such a meal, a more interesting combination is made if the dessert does not repeat fruit. In this case a cottage pudding or custard could be used.

Sweet spreads may be served often when no dessert is planned, as they satisfy the desire for "something sweet."

Adjustments in the plan should be made for small children. For example, an egg can be prepared for the small child who should not have meat. A baked apple or apple sauce may be given to the small child who should not have pie. For children who have not yet learned to chew well, the vegetables may be cut or mashed very fine.

If there are also elderly people in the family, it is well to include them in the same adjustments as for children.

Lunch or Supper

It is better, when possible, to have the dinner a substantial meal at noon so that the lighter meal may come in the evening. In making the meal plan for the day it is easier to plan the dinner first, then the breakfast. After these two meals have been planned it is not at all difficult to plan the third meal, so as to supplement the other two meals.

It is important in a family with children that the lunch be planned so that the evening meal will not be too heavy for them. Too much food and too heavy food interferes with the rest and sleep that they should have. This same advice holds true for the aged.

Lunch or supper in many families is the meal at which left-overs are used. As a general rule, our digestion is better when we have at least one warm dish. This meal depends, of course, upon what the family will have at the other two meals, but in general this might consist of a warm drink and sandwiches, or hot soup and sandwiches, or some hot dish as a chowder, rice and cheese, creamed vegetable or meat on toast, served with bread and butter and a beverage; or, if a heavier meal is needed, one or two hot dishes, bread and butter, a substantial dessert, and a hot beverage.

A pattern for lunch or supper might be:

SOUP—cream or vegetable, *or* meat stock

or

HOT DISH—creamd or escalloped meat or fish, *or* egg dish, *or* cheese and cereal dish

SALAD—if meat or fish or cheese, omit above dish; if a vegetable or fruit salad, it should accompany the soup or hot dish

or

COOKED VEGETABLE

DESSERT	}	Fruit
<i>or</i>		<i>or</i> a made dessert
SWEET SPREAD		<i>or</i> Cake

or Pie

BREAD AND BUTTER (may be sandwiches)

BEVERAGE

SUGGESTED MEALS FOR A WEEK

Using Ohio Farm Produced Foods Canned and Stored for a Family,
Including Small Children



SUNDAY

A quickly prepared guest meal from the farm pantry shelves might be:—

Chilled tomato juice (canned)
Chicken pie (canned chicken)
Mashed potato
Harvard beets (canned beets)
Carrot strips
Baking powder biscuits—jelly (omit biscuits for the child)
Canned peaches and cookies
Beverage (milk for the child)

MONDAY

Dinner (prepared in oven)

Pork chop baked with onion—tomato
Baked potato
Whole wheat bread—butter
Baked apple
Beverage
For the child—Egg in place of pork
chop; milk as beverage.

Supper

Escalloped potatoes and sausage
Cabbage salad (cream dressing)
Hot biscuits and jam or jelly
Canned fruit
Beverage
For the child—Whole wheat bread
instead of biscuit; milk as beverage.

TUESDAY

Dinner

Baked pork and beans—pickle relish
Boston brown bread
Celery
Pumpkin pie
Beverage
For the child—Puree of bean soup,
bread and butter, pumpkin custard, milk.

Supper

Beef stew (canned beef, carrots, onions,
potatoes)
Waldorf salad
Whole wheat bread and butter
Beverage
For the child—Omit salad dressing
and nuts in salad. Milk as beverage.

WEDNESDAY

Dinner

Broiled ham—baked potato
Buttered peas (canned)
Pickles
Bread and butter
Baked custard
Beverage
For the child—Egg in place of ham;
milk to drink; omit pickles.

Supper

Scalloped noodles with tomato—bacon
Buttered dried corn
Whole wheat bread and butter
Peach short cake (canned peaches)
Milk
For the child—Omit corn; canned
peaches in place of short cake.

THURSDAY

Dinner (prepared in oven)

Slice of ham baked in milk
Baked squash
Baked potato
Cole slaw
Bread and butter
Baked apple
Milk

For the child—Egg in place of ham.

Supper

Vegetable soup
Cottage cheese and pear salad
Whole wheat muffins
Milk

FRIDAY

Dinner

Baked eggs
Creamed potatoes
Dandelion greens (canned)
Carrot strips or winter radish
Whole wheat bread—butter
Deep dish cherry pie
Beverage

For the child—Cherry sauce instead of pie; milk as beverage.

Supper

Potato chowder—crackers
Cabbage slices and celery
Whole wheat bread and butter
Apple sauce and ginger bread
Beverage
For the child—Same as adult; milk as beverage.

SATURDAY

Dinner

Boiled spare ribs and sauer kraut
Boiled potatoes
Carrot strips
Corn bread and jam
Beverage
For the child—Egg in place of spare ribs; whole wheat bread instead of corn bread; milk as beverage.

Supper

Ham loaf
Browned potatoes
Buttered turnips
Canned tomatoes
Bread and butter
Bread pudding
Beverage
For the child—Omit ham loaf; milk as beverage.

For breakfast suggestions see Page 13.

ECONOMIES IN MEAL PLANNING

Planning ahead is the only way that it is possible to know when the members of the family have had the foods they need. The day is the smallest unit of planning that it is advisable to use. With a little practice, several days at a time can be planned and finally a week's plan made.

Many women find that they plan better meals when they are hungry, and that a good time to plan a week's meals is the day before a trip to town is made. Along with the planning, staples should be checked, a list of those needed should be made so that they will be on hand.

Too often when meals are not planned they are merely collections of available foods, with little or no thought as to whether they meet food requirements or not, or whether the foods fit together.

Oven meals save time, fuel, and energy. The one-dish meal can be planned to give the family a good assortment of food values.

With planned meals, larger amounts of a food may be prepared for use in later meals or a dish may be prepared for a later meal.

Planning meals ahead makes possible greater variety, more economical use of foods on hand, and reduces food cost.

By planning ahead, meal preparation can be made to fit into the other household work and activities of the family.

Meal plans posted in the kitchen make it possible for children or other members of the household to start the meal or have food ready when mother is away.

WHEN YOU BUY FOOD

When you buy food be sure that it supplements what the farm produces rather than repeats it, if you would get your money's worth.

The last summary of the farm household accounts kept in Ohio shows that these farms have been producing about half of the food for the family. With careful planning this amount has been increased to as much as 85 per cent, with benefit to the family health as well as to the family pocketbook. When money is scarce, the economists say that "On most Ohio farms, the essential foods can be produced more cheaply than they can be purchased."

Some questions that every farm homemaker has to answer in buying foods are:

Shall we use our own corn and wheat or buy these products?

Shall I make or buy bread and cake?

Does it pay to put up our own meat?

Shall we can and store vegetables and fruits?

Can we afford to sell all our milk and eggs?

What really accounts for the different price for packages of the same size?

Shall we buy in bulk or package?

Shall we buy a large or a small package?

Shall we buy by brand?

FOOD HABITS

How to get the family to eat what they should is as big a problem as what and how much to prepare. Our habits become so much a part of us that we change them grudgingly. And the adults of the family many times present more difficult problems than the children.

Optimum nutrition is not a matter of food alone. It is only possible when body defects have been corrected; when sleep and rest, sunshine, exercise, play and fresh air, have been adequate; when meals are eaten regularly; when bowel movements are regular; and the atmosphere is free from emotional upsets.

A consideration of the causes of poor appetite in an individual may be of help in finding the remedy.

Physical Causes of Poor Appetite

Onset of illness, adenoids, or abnormal tonsils, faulty tooth conditions.

Constipation.

Stomach and intestinal disturbances.

Eating too frequently or at irregular times.

Too much fat or rich food.

Sweets between meals or just before a meal.

Insufficient fresh air, outdoor play, fatigue, not enough sleep, or overstimulation.

Mental Causes of Poor Appetite

Poor parental example.

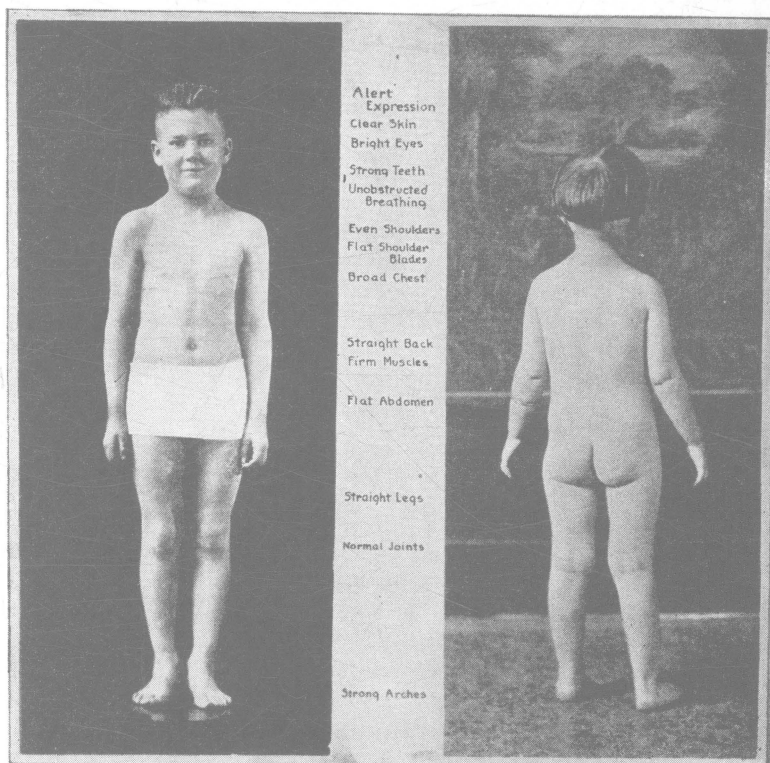
Perverved appetite.

Low expectation (not expecting the food will be eaten).

Wrong suggestion.

Oversophistication; too much attention.

Bad habits already formed.



FOOD MAKES A DIFFERENCE

Well developed children are the products of a balanced diet, sufficient sleep and rest, exercise and play, fresh air and sunshine, and the correction of physical defects.

Appetite is a matter of training, and cannot be relied upon as a safe guide nor do human beings have instinct which will guide them to choose food rightly. Good food habits are a matter of training begun very early and continued. In too many homes foods are prepared to suit the tastes of grown-ups and the children are left to shuffle for themselves.

Habits are built by practice and repetition. The psychologists tell us most of our food habits are formed by the time we are six years of age. After that it is more a question of changing food habits already formed than of adding new ones. To build a set of good habits means starting with the child's first experience with food and persisting, for after all it is easier to form good habits than to break up bad ones.

Remember that a liking for food is usually the result of a pleasing experience, while a lasting dislike may be the result of an unpleasant experience.

How to Build Good Food Habits

Introduce new foods cautiously, repeat at intervals until a taste is formed for the food, and increase gradually the amount.

New foods and foods not well liked are more acceptable if served with other foods well liked and only one of them served at a meal.

Attractive appearance and careful preparation make food more acceptable.

Regular hours for meals is most important.

Children are imitators, therefore parents and other members of the family should set a good example.

Eating is an important business and should be treated as such rather than as a subject of conversation.

Derogatory statements about foods are suggestive, especially to children, and should not be made before them.

Expect the family to eat all wholesome foods. A little indifference to food not being eaten is often more helpful than over-solicitation.

Nothing is more important than a happy frame of mind, with meal time free from emotional upsets if possible.

A spirit of good sportsmanship and cooperation is shown by a willingness to eat foods rather than to hold out for personal preference.

Teach children early to help themselves and experience the joy of self help.

A comfortable chair and eating equipment easily handled add to the enjoyment of food by the small child.

Small children should not be given foods that are too hot, or too cold, or too highly seasoned.

No food should be eaten between meals that takes the appetite for the next meal. Usually after the third year children are better off with three meals a day and no food between meals. Many specialists are recommending only three meals a day even earlier than this.

A healthy appetite is the best incentive to get foods eaten. Good natural stimulants of appetite are rest, fresh air, sunshine, and exercise.

Unwelcome foods may be served first and favorite foods served after this food is eaten. An occasional expression of praise when a disliked food is eaten may be wise, but should not be given so frequently that the child will expect it every time.

Refusal to eat important foods repeatedly may be dealt with by indifference and by removal of the plate, and no other food given until the next meal.

Use only worthy motives as incentives to eat wholesome foods.



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